Smart Health™

Pedometer Heart Rate Watch

USER MANUAL

To Turn Your Watch On:

1. Remove the LCD display sticker on the watch face.
2. Hold any button for 3 seconds until the screen turns on.

Introduction to Your Smarthealth Pedometer Heart Rate Watch

Our **S-Pulse™** technology measures the electronic signals that pass through your body as a result of the beating of your heart. This measurement is obtained by the watch's two sensors: the top metal plate and back battery door. The battery door is actually the primary sensor plate that measures these electronic signals off your arm.

The ECG (electrocardiogram) measurement is done when you place your fingers from the opposite hand onto the top sensor of the watch. This creates a loop across your body the watch can now read.

The digital pedometer is powered by a motion-sensing accelerometer, considered the most accurate and reliable way to track your steps.

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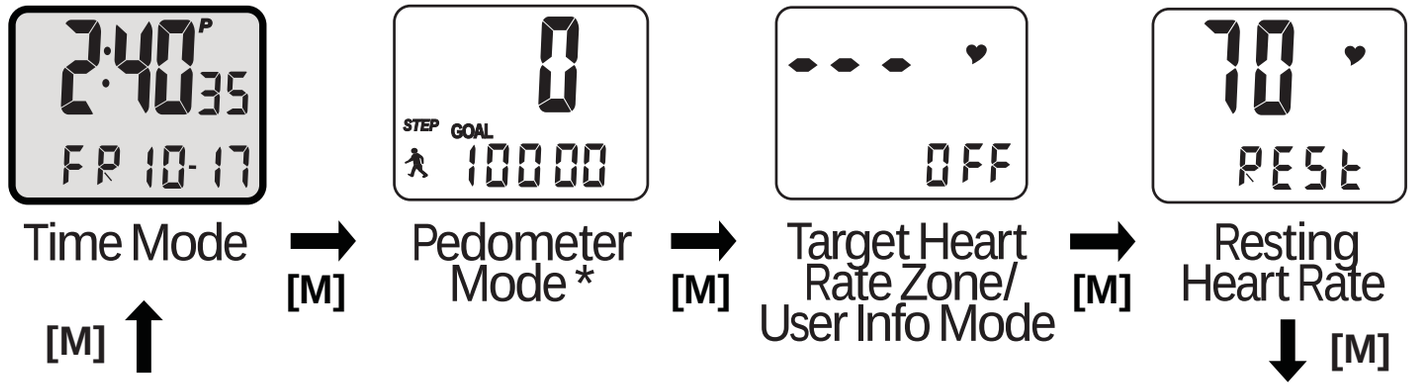
Watch Display and Button Overview

☛The watch buttons are not intended for use in or under water as this may force water past the seals.

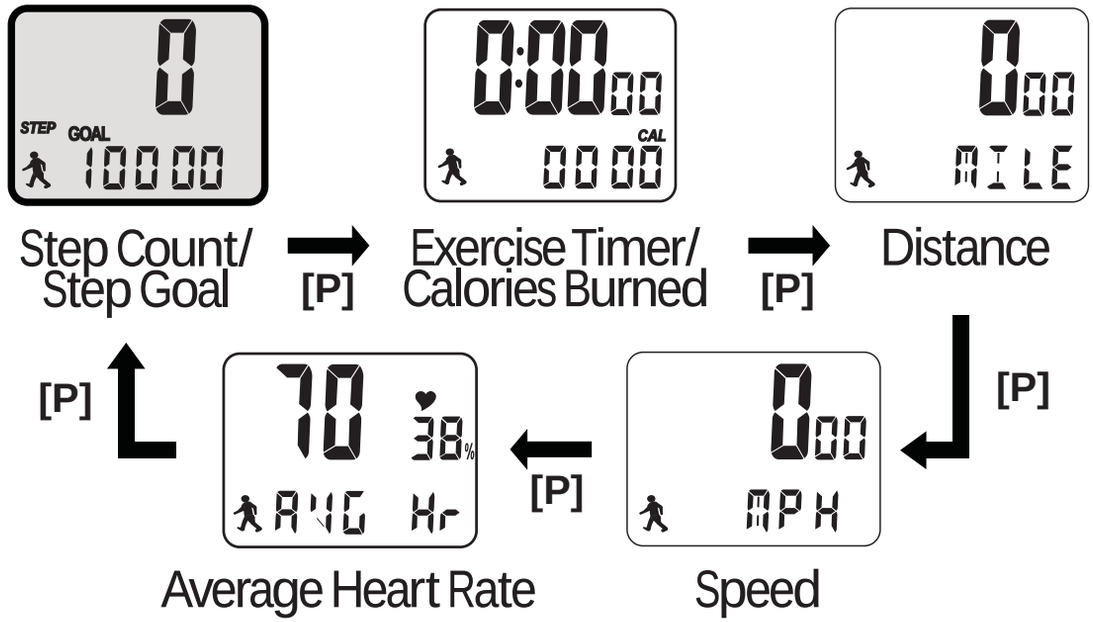
Display Icons and Descriptions

Icon		Description
	HEART RATE	Indicates heart rate values; flashes during acquisitions
%	**RELATIVE HEART RATE**	Indicates percentage of maximum heart rate
	HEART RATE LOCK	Indicates heart rate function is disabled
	PEDOMETER	Indicates Pedometer mode; flashes when mode is ON
STEP	**STEP COUNTER**	Indicates current step count
GOAL	**STEP GOAL/GOAL METER**	Displays step goal value; indicates goal meter is ON
▮▮▮▮	**GOAL METER BARS**	Each bar indicates 25% completion toward your step goal
CAL	**CALORIE**	Indicates total calories burned
P	**PM**	Indicates PM time
	ALARM	Indicates alarm function is ON
	HOURLY CHIME	Indicates hourly chime function is ON
	CHRONO/TIMER	Indicates Chronograph and Timer modes; flashes when mode is ON

Operation Overview



* Pedometer Mode

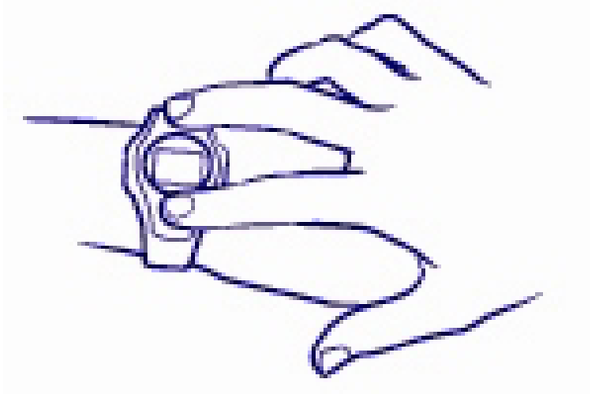


☛***Return Feature:*** *If any action is performed in a mode (e.g., starting the chronograph), pressing* ***Mode*** *will return you back to Time mode.*

Measuring Your Heart Rate

To get your heart rate reading, follow these three simple steps:

1. Strap the watch snugly around your wrist.
2. Gently touch and leave your finger on the **Heart Rate Sensor** for 3-8 seconds until your heart rate appears.
3. A beep tone sounds and your heart rate will display along with your % of maximum heart rate. It's that easy!



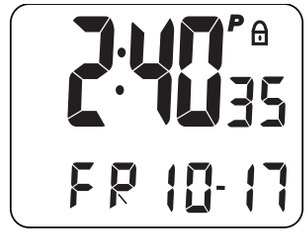
Your heart rate will be displayed once measured, and will remain displayed for 6 seconds after you release the **Heart Rate Sensor**.

This watch is a sensitive monitoring device that reads your ECG signals and reading times may vary. If you don't get a reading in 3-8 seconds, wait a couple of minutes and try again.

Heart Rate Lock

To prevent triggering the heart rate feature from accidental contact and environments where excessive water/ moisture are present. An example would be in a pool where the watch is submerged in water. Since water acts as a natural conductor, it can accidentally trigger the heart rate feature.

1. In Time mode, hold **Start/Stop** for 3 seconds.
2. The "🔒" icon will appear.
3. To unlock the heart rate feature, repeat Step 1.



Relative Heart Rate

Relative Heart Rate is your current heart rate divided by your maximum heart rate, and can be a useful reference to manage how hard you are working during your exercise.

- Maximum Heart Rate is calculated as:

  Male: 220 minus your age (220 – your age)
  Female: 226 – your age

- Your Relative Heart Rate will be displayed as a percentage when displaying your heart rate.

☛*Example of Relative Heart Rate:*

Tom is 30 years old.
Maximum Heart Rate: 220 – age 30 = ***190 bpm****.*
His current heart rate measured at: ***133 bpm****.*

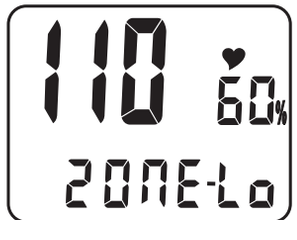
133/190 = ***70%*** *is Tom's Relative Heart Rate.*

Target Heart Rate Zone

The Target Heart Rate Zone feature helps you compare your acquired heart rate with your targeted heart rate zone.

- **If your heart rate is within the target zone**, the watch will beep once and and your heart rate will display with the word "**In**". The screen will be solid.

- **If your heart rate is lower** than your target zone lower limit, the watch will beep twice and your heart rate will display with the word "**Lo**". The screen will flash.



- **If your heart rate is higher** than your target zone upper limit, the watch will beep twice and your heart rate will display with the word "**Hi**". The screen will flash.

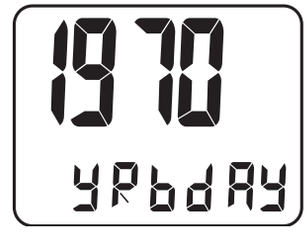
☛*<u>Example</u>: Debbie's target zone is 80 bpm (Lo) to 120 bpm (Hi). After 5 minutes of walking, Debbie measures her heart rate.*

If Debbie's heart rate is "72", she is under her target zone and can decide to pick up her pace so her next reading falls within her zone.

Target Heart Rate Zone - Standard Setup

By entering your birthday and gender, the watch will automatically calculate your standard heart rate range (Hi/Lo).

1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Birthday (year/month/day)
   - Gender (male/female)
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



Target Heart Rate Zone - Manual Setup

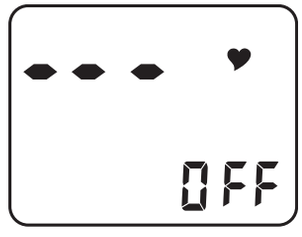
You can manually override the standard heart rate settings to those of your own preference.

1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Target Zone Upper Limit (Hi)
   - Target Zone Lower Limit (Lo)
3. Edit these settings by using **Start/ Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

Heart Rate Zone Alert

While in Target Heart Rate Zone/User Info mode, press **Start/Stop** or **Pedo/Reset** to toggle the Heart Rate Zone Alert function ON or OFF.

- ***When OFF****, your upper and lower limits will be "hidden" and your Heart Rate Zone Alert function will be disabled.*



- ***When ON***, *your upper and lower limits will appear in the display and your Heart Rate Zone Alert function will be enabled.*

Resting Heart Rate

The Resting Heart Rate feature can be a useful tool to inform you of your progress. The lower your resting heart rate becomes, the healthier *you* become.

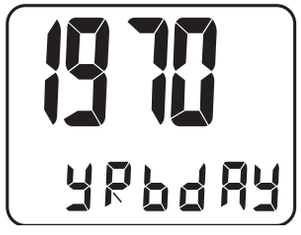
1. In Resting Heart Rate mode, touch the **Heart Rate Sensor** for 3-8 seconds until your heart rate is acquired.
2. A beep tone sounds and your resting heart rate will be displayed and recorded.

☛ *It is recommended to obtain your resting heart rate when waking up from sleep. This will ensure the most accurate reading for a resting heart rate.*

User Information Setup

To use your pedometer properly and ensure accurate data, it is important to first set your user information.

1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Birthday (year/month/day)
   - Gender (male/female)
   - Unit format (Imperial: in/lb/mi; Metric:cm/kg/km)
   - Weight (lb/kg)
   - Height (in/cm)
   - Walk Stride Length (in/cm)



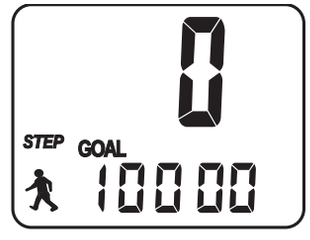
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

☛ *Calculate your average stride length when you walk so the watch can accurately determine the distance and speed traveled. To calculate your average stride length, walk ten steps. Then measure the distance traveled (inches or centimeters) and divide it by ten. This is your average walking stride length.*

Pedometer

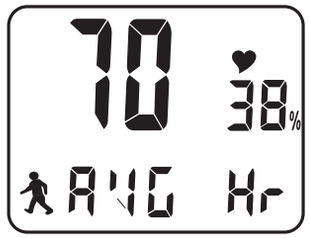
The pedometer is a great tool which will allow you to keep track of your steps as well as calories burned, speed and distance.

1. In Pedometer mode, press **Start/Stop** to start the pedometer. The "🚶" icon will flash.
2. Start walking. The step counter will start after you take 10 consecutive steps.
3. Press **Pedo/Reset** to advance thru features:
   - Step Count/Step Goal
   - Exercise Timer/Calories Burned
   - Distance Traveled
   - Walking Speed
   - Average Heart Rate*



4. Press **Start/Stop** to stop the pedometer.
5. To reset the pedometer count and data, hold **Pedo/Reset** for 3 seconds. The pedometer must be stopped to reset data.

☛ *<u>Pedometer Sleep mode</u>: The pedometer automatically turns off if there is no step count for 15 minutes to save battery. To turn pedometer back on, repeat Step 1 above.*



*Average Heart Rate: this feature will give you a running average throughout your workout. Simply acquire your heart rate and it will automatically be calculated into your Average Heart Rate value.

You do **NOT** have to be in Pedometer mode, nor have the Pedometer ON, to obtain an average. **EVERY** heart rate reading you acquire gets calculated into your Average Heart Rate value.

☛ Pedometer Quick View: You can view your progress from Time mode by pressing **Pedo/ Reset**. Your step count and step goal will display for 3 seconds before returning to the Time mode.

Pedometer Settings

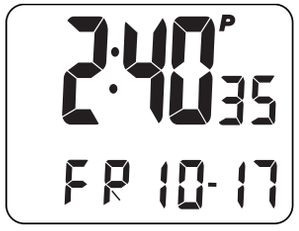
Average Heart Rate Reminder will help you remember to acquire your heart rate during a workout by emitting a beep every 5 mintues.The Pedometer Sensitivity Level has 3 level settings: 1 = low sensitivity, 3 = high sensitivity.

1. In Pedometer mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Goal Meter ON/OFF
   - Step Goal
   - Average Heart Rate Reminder
   - Pedometer Sensitivity Level

3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

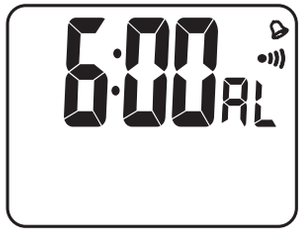
Time and Date Setup

1. In Time mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Seconds
   - Minutes
   - Hours
   - Year
   - Month
   - Day
   - Month/Day format
   - 12/24 hr format
   - Key Beep (beep with every button press)
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



Alarm and Hourly Chime Alert

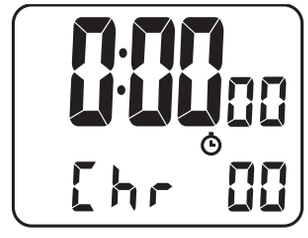
1. In Alarm mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Hours
   - Minutes



3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

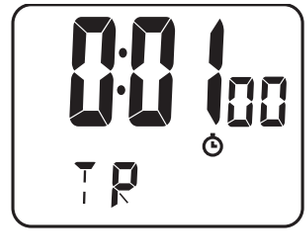
☛ *In Alarm mode, press **Start/Stop** to toggle the Alarm alert ON/OFF ( ); press **Pedo/Reset** to toggle the Hourly Chime alert ON/OFF ( ).*

Chronograph



1. In Chronograph mode, press **Start/ Stop** to begin timing.
2. Press **Pedo/Reset** to acquire a split time. Press **Pedo/Reset** again to resume current total time.
3. Press **Start/Stop** again to stop timing.
4. To reset the chronograph, hold **Pedo/Reset** for 3 seconds (the chronograph must be stopped).

Countdown Timer - Setup



1. In Countdown Timer mode, hold **Mode** for 3 seconds until the display flashes.

2. Press **Mode** to advance thru settings:
   - Seconds
   - Minutes
   - Hours
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

Countdown Timer - Operation

1. In Countdown Timer mode, press **Start/Stop** to begin the timer.
2. Press **Start/Stop** again to stop the timer.
3. To reset the countdown timer, press **Pedo/Reset** (the timer must be stopped).

Dual Time

Dual Time is the watch's secondary form of time.

1. In Dual Time mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Hours
   - Minutes

3. Edit these settings by using **Start/Stop** or **Pedo/Reset**
4. To save the new settings, hold **Mode** for 3 seconds.

Care and Maintenance

To ensure proper function of your watch:

- The watch buttons are not intended for use in or under water as this may force water past the seals.
- Avoid rough usage or severe impacts to the watch
- Keep the top sensor and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean the watch using a soft cloth with mild soap and water, or similar cleaning solution.
- Keep the watch out of extreme heat or cold.
- Do not expose the watch to intense direct sunlight for long periods of time.
- Do not expose the watch to chemicals such as gasoline, alcohol, or solvents.

Troubleshooting - Heart Rate

If you are having difficulty measuring your heart rate, you may want to try the following steps. Try each of these in succession until you are able to measure your heart rate:

1. Make sure the watch is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. When touching the heart rate sensor, make sure you are using the soft, flat *pads* of your fingers, not the tips of your fingers.
3. Touch gently with enough pressure to activate the heart rate measure mode. Muscle “noise” from pressing too hard can make it difficult to measure your heart rate.
4. Make sure the back metal plate (battery door) of the watch is laying flat on your skin.
5. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.

(CONTINUED ON NEXT PAGE)

Troubleshooting - Heart Rate

6. Stay still, and relax your arms on a stable surface while taking your heart rate.
7. Clean the top sensor and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten, with water, the pads of the fingers you are using to contact the top sensor on the face of the watch.
9. Moisten, with water, the surface between the back metal plate of the watch and the skin on your wrist.
10. If the watch was exposed to excessive water/ moisture, such as being in a pool or in the shower, dry the watch before attempting to acquire a heart rate.

Specifications

Pedometer

- Displayable Step Range: 0-999999 steps
- Exercise time: 99 hours, 59 minutes, 59 seconds
- Maximum Distance: 0-999 km/ 0-624 miles
- Maximum Speed: 36 km/h / 22.5 mph
- Calorie Range: 0-9999 calories
- Pedometer Sensitivity: 3 levels

Heart Rate

- Heart Rate Range: 30-240 BPM
- Upper and lower limit heart rate zones/alerts
- Percentage of maximum heart rate (%MHR)

Time

- AM, PM, hour, minute, second
- 12/24 hour format
- Calendar: month, date, day display with auto leap year adjustment
- Dual time

Alarm

- One (1) alarm time
- Hourly chime
- Alarm duration: 30 seconds

Chronograph

- Resolution: 1/100 second
- Measuring range: 99 hours, 59 minutes, 59 seconds
- Split time

Countdown Timer

Resolution: 1 second

Measuring Range: 99 hours, 59 minutes, 59 seconds

Other

Electroluminescent (EL) backlight

Water resistant up to 50 meters

Key beep ON/OFF

Battery

Battery replacement will be required from time to time, and should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage of the light, heart rate and pedometer features (which have high power consumption).

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

The watch uses one (1) standard lithium replacement battery: **CR2032**

Power Off Mode

To conserve the battery's lifetime during long periods of inactivity, hold the "**Mode**", "**Start/Stop**" and "**Pedo/ Reset**" buttons for 3 seconds. The watch will turn off and enter Power Off Mode. To activate the watch again, simply hold any button for 3 seconds until the screen turns on.

☛ ***CAUTION*****:** *Entering Power Off Mode will reset the watch and all of its data.*

Patents

The Pedometer Heart Rate Watch and **S-Pulse™** technology are a result of, and protected by, the following **Salutron, Inc.** patents:

US: 5,738,104 & 5,876,350

Europe: EPO 0861045B1

Limited One (1) Year Warranty

Your Pedometer Heart Rate Watch is warranted for a period of **one (1) year** from the date of purchase from an authorized retailer.

If defective, return the watch with the original receipt, or copy, to your original retailer or to Salutron, Inc. for a **replacement watch**.

This warranty covers defects in materials and workmanship only. It does not cover the battery, damage due to abuse or misuse, accidents, or any commercial use.

Limitations

The warranty stated above is the only warranty applicable to this product. All other warranties, expressed or implied, including all implied warranties of merchantability or fitness for a particular purpose, are hereby disclaimed. No verbal or written information given by Salutron, Inc., its agents or employees shall create a guarantee or in any way increase the scope of this warranty.

Repair or replacement as provided under this warranty is the exclusive remedy of the consumer. Salutron, Inc.

shall not be liable for incidental or consequential damages resulting form the use of this product or arising out of any breach of any express or implied warranty on this product. Except to the extent prohibited by law, any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the applicable warranty period set forth above. Consumer rights may vary from state to state.

Disclaimer

The Pedometer Heart Rate Watch is not a medical device, nor intended for use in medical or patient monitoring applications. It is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features and/or images of your watch may vary slightly from those described in this instruction manual. The information in this manual is intended to be for informational purposes only, and is subject to change without notice.

S-Pulse is a trademark of Salutron, Inc.

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